

16-Week Marathon

	M	T	W	Th	F	Sat	Sun
1	Rest	Fartlek run 15 min easy 8 x (20 sec hard/ 1:40 easy) 15 min easy	Easy run or cross-training 40 min easy	Easy run 40 min easy	Fast finish run 40 min easy 5 min moderate	Easy run or cross-training 40 min easy	Long run 8 miles easy
2	Rest	Fartlek run 15 min easy 8 x (1 min hard/ 2 min easy) 15 min easy	Easy run or cross-training 40 min easy	Easy run 45 min easy	Fast finish run 35 min easy 10 min moderate	Easy run or cross-training 40 min easy	Long run 9 miles easy
3	Rest	Hill repetitions run 12 min easy 10 x (30 sec hard uphill/1:30 easy) 12 min easy	Easy run or cross-training 40 min easy	Easy run 45 min easy	Fast finish run 40 min easy 10 min moderate	Easy run or cross-training 45 min easy	Long run 10 miles easy
4	Rest	Fartlek run 15 min easy 8 x (20 sec hard/ 1:40 easy) 15 min easy	Easy run or cross-training 40 min easy	Easy run 40 min easy	Fast finish run 40 min easy 5 min moderate	Easy run or cross-training 40 min easy	Long run 8 miles easy
5	Rest	Hill repetitions run 10 min easy 7 x (1:30 hard uphill/2:30 easy) 10 min easy	Easy run or cross-training 45 min easy	Easy run 45 min easy	Fast finish run 45 min easy 10 min moderate	Easy run or cross-training 45 min easy	Long run 12 miles easy
6	Rest	Interval run 10 min easy 6 x (2 min hard/ 2 min easy) 10 min easy	Easy run or cross-training 45 min easy	Easy run 50 min easy	Fast finish run 50 min easy 10 min moderate	Easy run or cross-training 45 min easy	Long run 14 miles easy
7	Rest	Fartlek run 12 min easy 10 x (20 sec hard/ 1:40 easy) 12 min easy	Easy run or cross-training 45 min easy	Easy run 45 min easy	Fast finish run 40 min easy 10 min moderate	Easy run or cross-training 45 min easy	Long run 10 miles easy
8	Rest	Interval run 10 min easy 5 x (3 min hard/ 2 min easy) 10 min easy	Easy run or cross-training 45 min easy	Easy run 50 min easy	Tempo run 15 min easy 15 min moderate 15 min easy	Easy run or cross-training 50 min easy	Long run with fast finish 15 miles easy + 1 mile at moderate pace